

WIC Clinic (circle one):

Dededo • Tiyan • Santa Rita • Inarajan

Appointment Date | Time:

Family ID #:

Authorized Representative's Name:

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

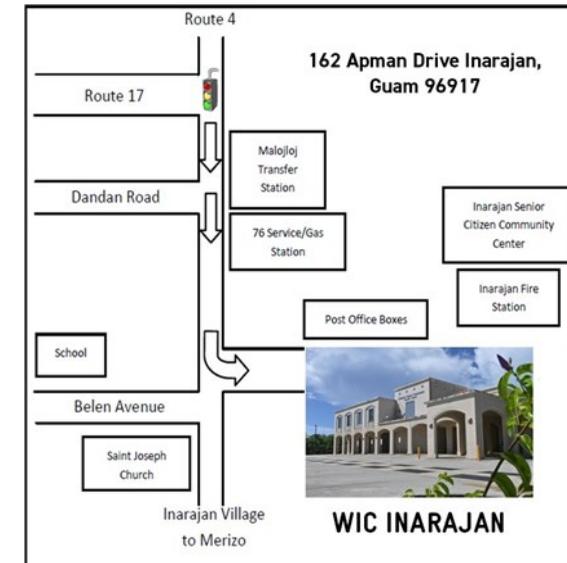
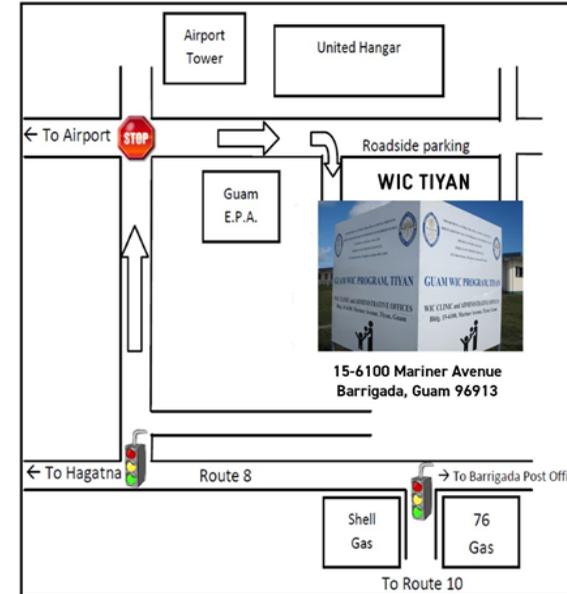
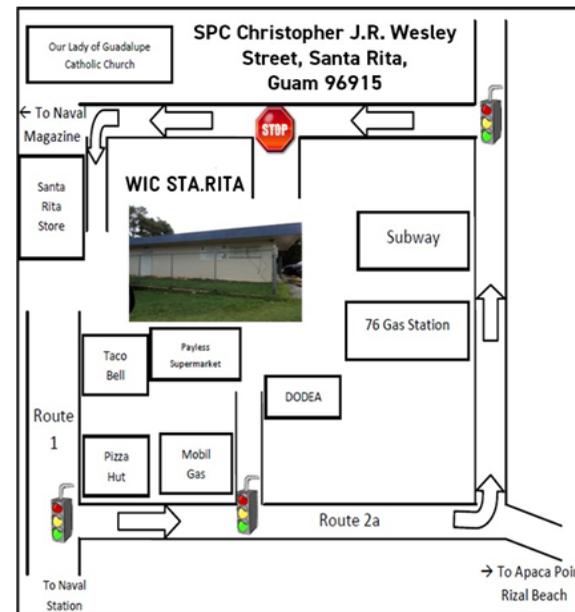
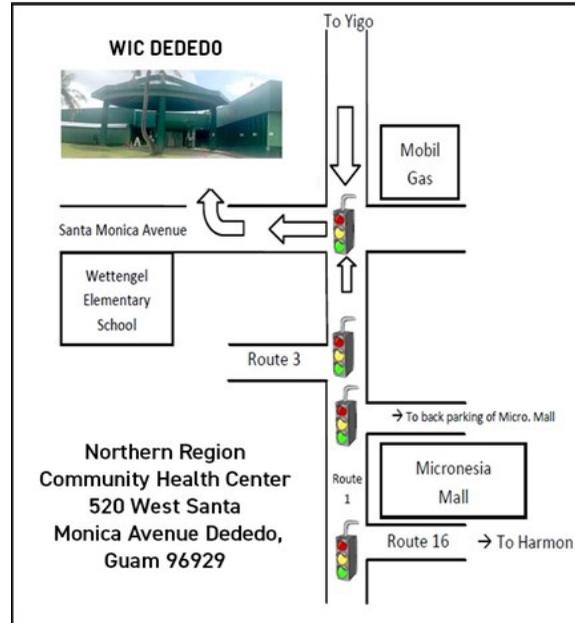
1. **mail:** U.S. Department of Agriculture
Office of the Assistant Secretary of Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410

2. **fax:** (833) 256-1665 or (202) 690-7442; or

3. **email:** Program.Intake@usda.gov.

This institution is an equal opportunity provider.

WIC CLINIC LOCATIONS



All locations are **CLOSED** on Government of Guam holidays and last Friday of the month for In-service Training.



A Healthy Foundation *for* Life

NUTRITION,
SUPPORT,
 & THE
POWER OF
MOMS.



FOOD. EDUCATION SUPPORT.

WIC is the nation's most successful and cost-effective public health nutrition program. We provide wholesome food, nutrition education, and community support for income-eligible women who are pregnant or post-partum, infants, and children up to five years old

YOU GOT THIS!

We give moms the resources, knowledge and tools they need to be the moms they want to be.

- Educate clients during pregnancy about breastfeeding
- Provide support to mom after delivery
- Identify breastfeeding barriers

HEALTHY FOOD

Through WIC moms get monthly benefits to buy healthy food, such as:

- Foods with calcium for strong bones and teeth
- Grains with iron for energy, and folic acid for healthy growth
- Fruits and vegetables to keep your heart and weight healthy
- Foods with protein for strong muscles and healthy skin
- Iron-fortified foods for infants who need it

NUTRITION EDUCATION

We support and educate moms to help them breastfeed successfully. We offer guidance on how to shop for healthy food, how to prepare it and how to entice children to eat it. We provide access to information, including:

- Prenatal nutrition
- Breastfeeding tips
- Eating tips for your child
- Parenting tips
- Healthy recipes

A COMMUNITY OF SUPPORT

We're a network built for moms. We connect them, we educate them and we learn from them. Our community consists of:

- Nutritionists
- Lactation specialists
- Peers

REFERRALS

We can introduce moms to resources outside of WIC, including:

- Healthcare professionals such as pediatricians, OB/GYNs, and dentists
- Immunization services
- Substance abuse counselors
- Domestic abuse counseling
- Social services

WHO CAN APPLY?

You can apply if you are:

- Women: Pregnant, postpartum (up to 6 months after infant's birth), or a breastfeeding woman (up to infant's 1st birthday)
- Infants: A parent/guardian for an infant (0-11 months old)
- Children: A parent/guardian for a child under 5 years old

WHAT TO BRING TO YOUR APPOINTMENT?

Bring the following to your certification or first appointment::

- Two (2) most recent paycheck stubs of every-one working and/or retired in the household. Any proof of cash income such as child support, tips, or LES document
- Current proof of ID
 - » For adults: Valid Guam ID, or Guam Driver's License, or passport, or work or school ID
 - » For Infants: crib card, or hospital birth certificate, or official birth certificate, and immunization card or shot record
 - » For Children (under 5 years old): official birth certificate and immunization card/shot record
- Proof of Residency such as utility/cable bill, or lease/ rental agreement, or Mayor's verification letter, or Real Guam ID, or Real Guam Driver's License, or note from your homeowner with supporting name and home address.
- Bring the Infant and/or child under 5 years old

TO APPLY:

E-mail: guamwic@dphss.guam.gov or call WIC clinics:

DEDEDO

Tel: (671) 635-7471/2

Fax: (671) 635-7476

Monday-Saturday | 8:00 am-5:00 pm

Walk-Ins: Call First

TIYAN

Tel: (671) 475-0295/6

Fax: (671) 477-7945/49

Monday-Saturday | 8:00 am-5:00 pm

Walk-Ins: Call First

SANTA RITA

Tel: (671) 565-3537

Fax: (671) 565-3536

Monday-Wednesday-Friday | 8:30 am- 4:30 pm

Walk-Ins : Call First

INARAJAN

Tel: (671) 828-7550

Tuesday & Thursday | 8:30 am-4:30 pm

Walk-Ins: Call First

Website:

dphss.guam.gov/woman-infants-infants-wic-program/

24 Hour Breastfeeding Hotline:

(671) 488-5171



@GuamWICProgram

Guam WIC Program

15-6100 Mariner Avenue

Barrigada, Guam 96913-1601

